

How to use this 'journal'.

Post-Run

As soon as you get back, write it out. How did you feel, what are you grateful for? What did you discover? What will you do?

What epiphany did you have while on your run? Or, what action will you take to bring this clearer thinking into your day? I recommend reviewing this section several times a day.

Pre-Run

Define your need, intention or situation. What do you need more of? Where are you stuck? What emotion do you want to manage better?

The goal is to write down what you need, and work on this throughout your run. Develop a mantra or let your mind just be still as in meditation. Because you've placed this intention, it is in the 'back of your head', and will come to the foreground as you run.

INTENTION / SITUATION

DISCOVERY

ask for what you need

ACTION / EPIPHANY

The form is a large rectangle divided into three main sections. The top-left section is labeled 'INTENTION / SITUATION' and contains a large, faint circle. A red line points from the text 'ask for what you need' to the center of this circle. The top-right section is labeled 'DISCOVERY' and contains ten horizontal lines for writing. The bottom-right section is labeled 'ACTION / EPIPHANY' and contains a large empty rectangular box.

(what do I need most today?)

Creatively stuck!
Need ideas for an amazing logo.

Felt so great out there today, almost didn't go but glad I did. SO grateful for my ability to think clearly, for my creativity. I AM creative! My mind was pouring out ideas today, so stoked to get to work.

I'm grateful for being creative.
I'm grateful to have a job that I love doing.
I'm so grateful that I get paid to play.

Trust myself! I've been here before, designing logos is hard. Don't underestimate the first idea. Look to shape of product. Moodboards. What does modern mean to us? How does modern look to our audience? Create awesome moodboards.
I can do this! I'm excited!

(what do I need most today?)

Confidence!

So nervous about my meeting today.

Felt so great out there today, almost didn't go but glad I did. By visualizing my presentation while running I feel really confident that I will get through it and will look like a freaking natural when I do. I can do this!!

Did my favorite loop again. So grateful for where we live. We are blessed! I love that right out my door I can access this beautiful nature.

I'm grateful for my health.

I'm grateful for my healthy kids and husband.

So grateful for my supportive sister.

So grateful to have the best, cutest dog ever.

So grateful for my job and opportunity to present and share my knowledge today!

It's well known that everyone is nervous when public speaking! Give me a break, I am not unique! I'm going to nail this preso because I'm so well prepared and I'm actually really pumped to get up there and share my knowledge. It will be appreciated and I look forward to feedback. I'm stepping out of my comfort zone and growing!

